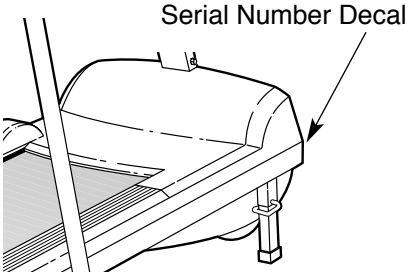
WESLO®

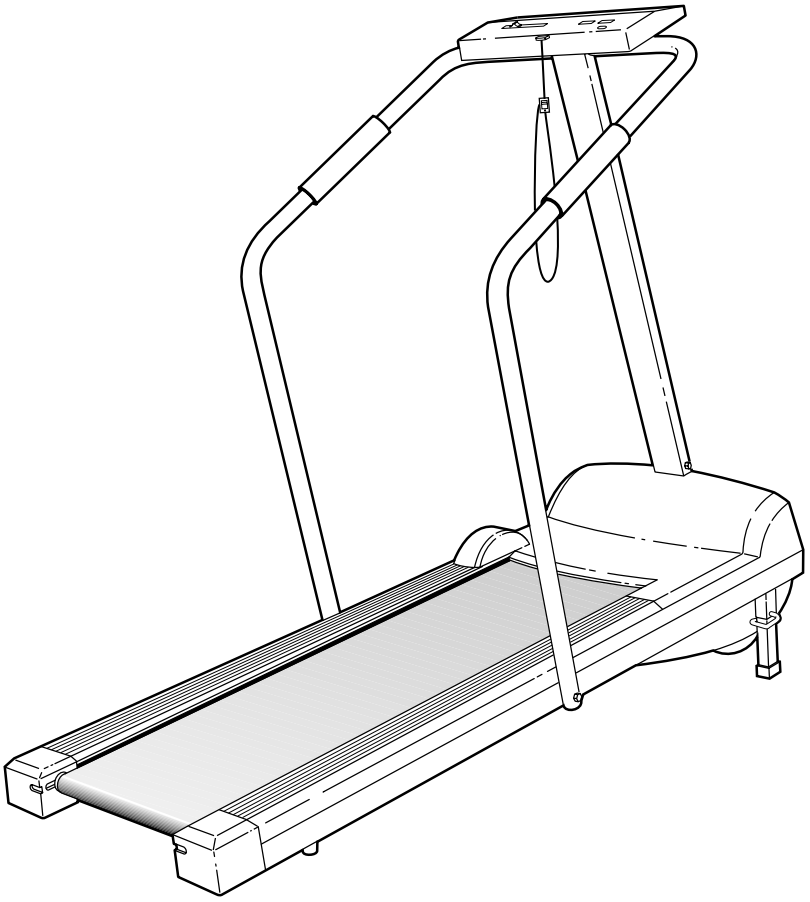
CADENCE 815

Model No. WCTL81590
Serial No. _____

Serial Number Decal



USER'S MANUAL



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:
1-888-936-4266
Mon.–Fri., 8 a.m.–6:30 p.m. EST

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

www.weslo.com

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock or injury to persons, read the following important precautions and information before operating the treadmill.

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**
2. **Use the treadmill only as described in this manual.**
3. **Place the treadmill on a level surface, with eight feet of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill. Do not place objects under the treadmill to change the incline.**
4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**
5. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**
6. **Keep children under the age of 12 and pets away from the treadmill at all times.**
7. **The treadmill should be used only by persons weighing 250 pounds or less. Never allow more than one person on the treadmill at a time.**
8. **When connecting the power cord (see HOW TO PLUG IN THE POWER CORD on page 7), plug the power cord into a surge protector (not included) and plug the surge protector into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit.**

9. Use only a CUL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length. Do not use an extension cord.

10. Keep the power cord and the surge protector away from heated surfaces.

11. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 4 if the treadmill is not working properly.)

12. The roller guards must be 1/8 inch from the rear roller. Remove the key and adjust the roller guards, if necessary.

13. Wear appropriate exercise attire when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.

14. Never start the treadmill while you are standing on the walking belt.

15. Always hold the handrails while exercising on the treadmill.

16. Adjust the speed in small increments.

17. To reduce the possibility of the treadmill overheating, do not operate the treadmill continuously for longer than 1 hour.

18. Never leave the treadmill unattended while it is running. Always remove the key when the treadmill is not in use.

19. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

20. Inspect and tighten all parts of the treadmill every three months.

21. To change the incline level of the treadmill, refer to the instructions on page 9. Do not attempt to change the incline level in any other way.

22. Never drop or insert any object into any opening.

23. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

24. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

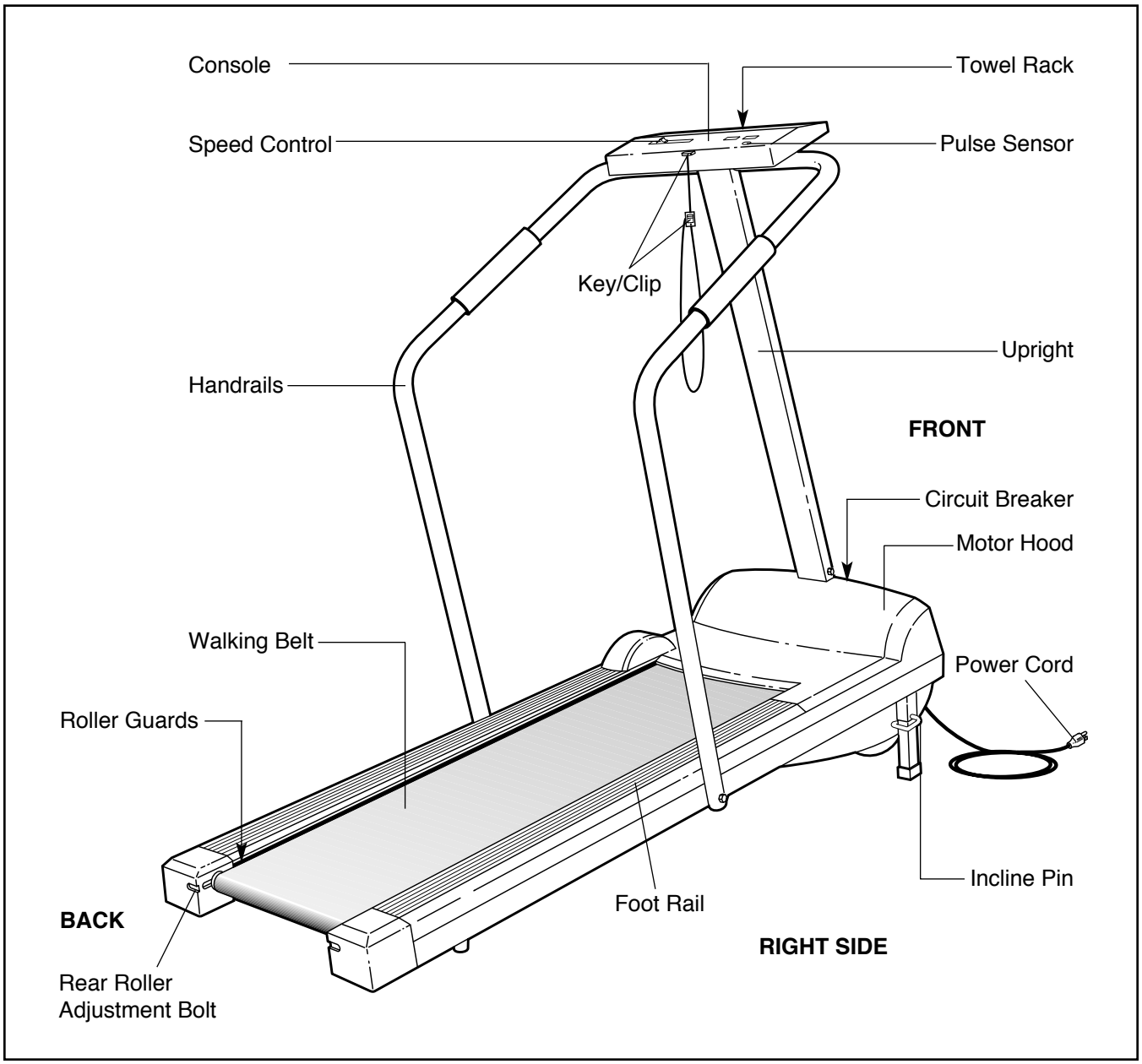
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the WESLO CADENCE® 815 treadmill. The natural motion and versatility of treadmills have made them the most popular way to get an effective cardiovascular workout. The CADENCE 815 treadmill blends advanced technology with innovative design to let you enjoy this effective exercise in the convenience and privacy of your home. Feel better, look better, and be healthier in just a few minutes a day.

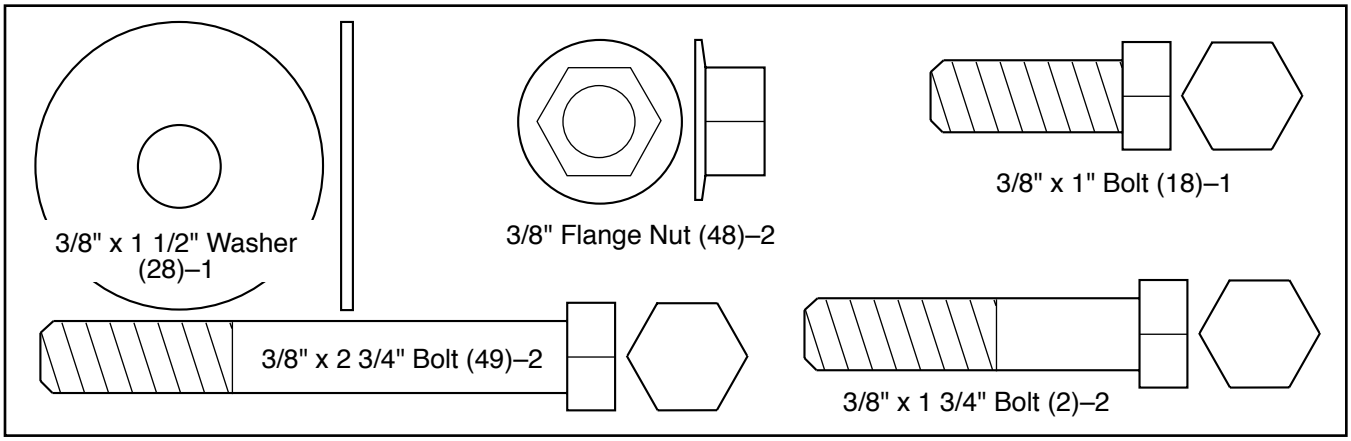
For your benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our Customer Service Department toll-free at **1-888-936-4266**, Monday through Friday, 8 a.m. until 6:30 p.m. Eastern Standard Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WCTL81590. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Refer to the drawings below to identify small parts used in assembly. **Assembly requires an adjustable wrench** **(not included).**



1. Raise the Upright (11) to the vertical position. Insert the 3/8” x 1” Bolt (18) and the 3/8” x 1 1/2” Washer (28) into the lower end of the Upright. Finger tighten the Bolt into the Frame (59).

2. Hold the upper end of the Right Handrail (10) under the Console (3). Insert a 3/8” x 1 3/4” Bolt (2) up into the Handrail, and finger tighten the Bolt into the plate under the Console.

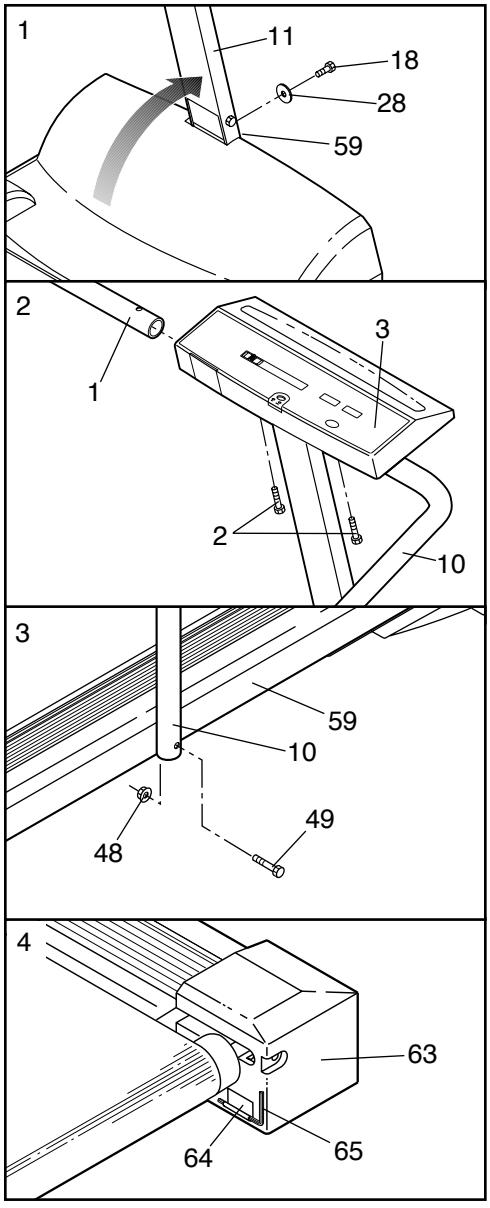
   Attach the Left Handrail (1) in the same manner.

3. Insert a 3/8” x 2 3/4” Bolt (49) into the lower end of the Right Handrail (10) and through the Frame (59). Reach under the Frame and tighten a 3/8” Flange Nut (48) onto the Bolt.

   Attach the Left Handrail (not shown) in the same manner.

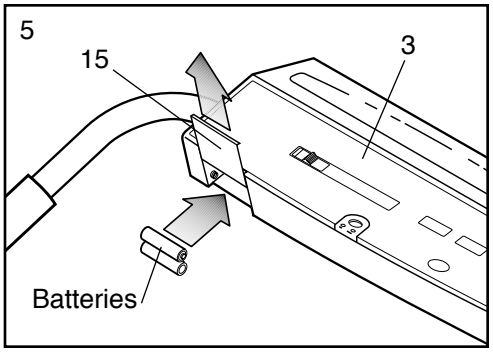
   Tighten all Bolts used in steps 1 and 2.

4. Remove the paper backing from the Adhesive Clip (64). Press the Adhesive Clip onto the Right Endcap (63) in the indicated location. Press the 3/16” Allen Wrench (65) into the Adhesive Clip.



5. **The Console (3) requires two "AA" batteries (not included). Alkaline batteries are recommended.**

   Slide the Battery Cover (15) up as shown. Press two batteries into the battery compartment, with the negative (–) ends of the batteries touching the springs. Close the battery cover.



6. Make sure that all parts are tightened before you use the treadmill. **Note: To protect the floor or carpet from damage, place a mat beneath the treadmill.**

PROPER EXERCISE FORM

The instructions on pages 7 to 9 of this manual explain the operation and adjustment of the treadmill. For maximum treadmill performance, it is important to maintain proper form when walking on the treadmill. The drawing below demonstrates the proper form. Be sure to remember the following important guidelines:

- **Always hold the handrails when stepping on and off the treadmill, and when exercising on the treadmill.**
- **Always stand on the foot rails when turning on the power or starting the walking belt.** The walking belt may not start while you are standing on it.
- **While walking on the treadmill, rest your hands on the handrail, keep your back straight, and lean forward slightly.** Do not lean back or push forward against the walking belt with your feet. If you slow the walking belt with your feet, it may come to a stop. If this happens, stand on the foot rails until the walking begins to move again.
- **To change the incline level of the treadmill, refer to page 9. Do not attempt to change the incline level any other way.** The incline range of the treadmill is 11% to 14%. This range is ideal for maximum treadmill performance.

OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. They will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge protector (not included) with your treadmill.**

Surge protectors are sold at most hardware stores and department stores. Use only a CUL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge protector to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.

The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

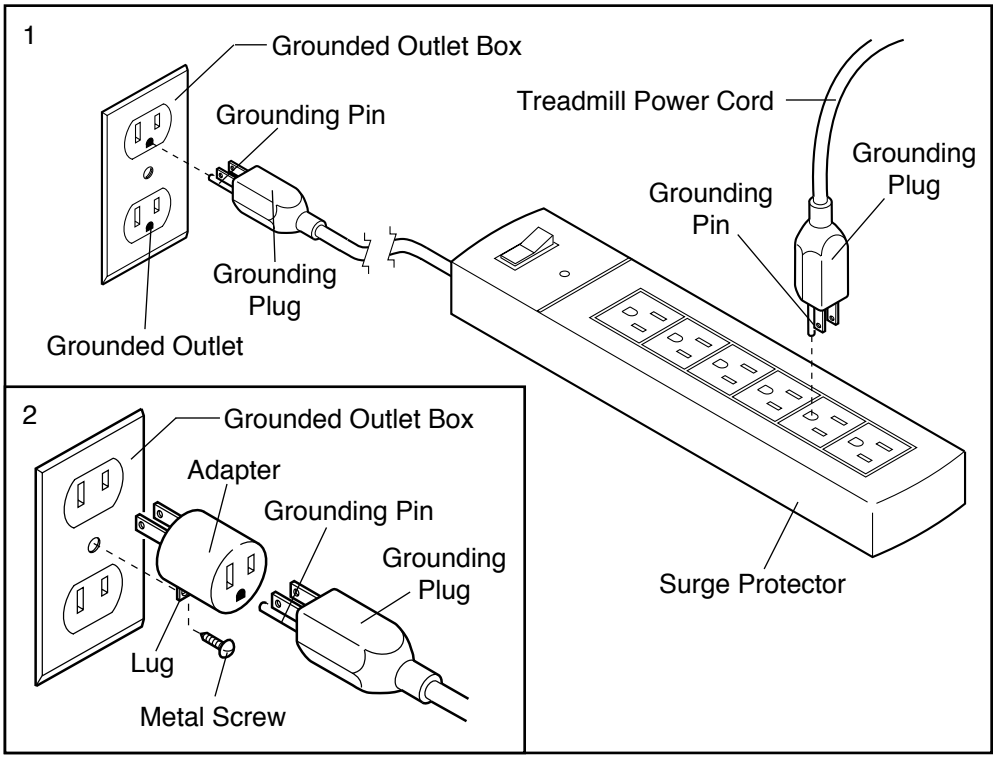
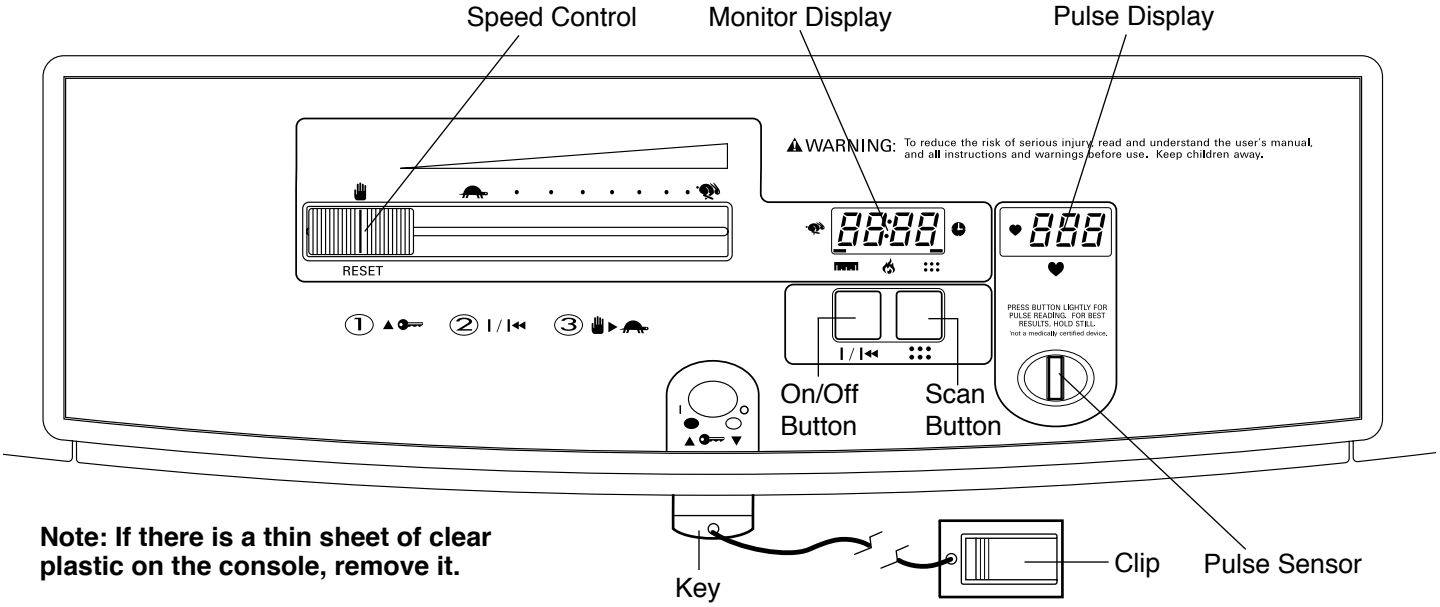


DIAGRAM OF THE CONSOLE


Speed Control
Monitor Display
Pulse Display
WARNING: To reduce the risk of serious injury, read and understand the user's manual and all instructions and warnings before use. Keep children away.
RESET
PRESS BUTTON LIGHTLY FOR PULSE READING. FOR BEST RESULTS, HOLD STILL.
not a medically certified device.
On/Off Button
Scan Button
Key
Clip
Pulse Sensor

Note: If there is a thin sheet of clear plastic on the console, remove it.

⚠ CAUTION: Before operating the console, read the following important precautions.

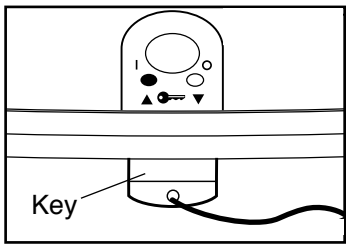
- **Do not stand on the walking belt when turning on the power.**
- **Always wear the clip while operating the treadmill. When the key is removed from the console, the power will shut off.**
- **After the speed control is moved, there will be a pause before the walking belt begins to move.**
- **Adjust the speed in small increments until you are familiar with the treadmill.**
- **The training zones marked above the speed control are guidelines only. Read CONDITIONING GUIDELINES on pages 12 and 13 to determine the proper exercise level.**
- **To reduce the risk of electric shock, keep the console dry. Avoid spilling liquid on the console and use only a sealed water bottle.**

STEP BY STEP CONSOLE OPERATION

Make sure that the power cord is properly plugged in (see HOW TO PLUG IN THE POWER CORD on page 7). Next, step onto the foot rails of the treadmill. Find the clip attached to the key (see the drawing above). Slide the clip onto your waistband. Follow the steps on pages 8 and 9 to operate the console.

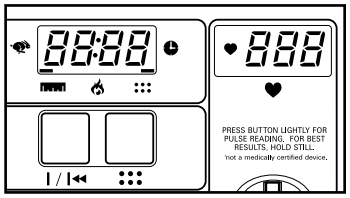
1 Insert the key fully into the power switch.

Note: The two displays will not appear when the key is first inserted.



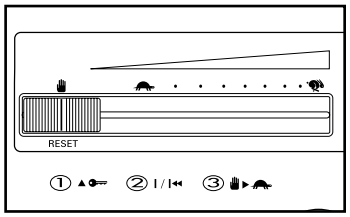
2 Press the ON/OFF button.

The two displays will appear. Note: If batteries were just installed, the displays will already appear.



3 Reset the speed control and start the walking belt.

Slide the speed control fully to the left, to the "RESET" position. Next, slide the control to the right until the walking belt begins to move at a slow speed.

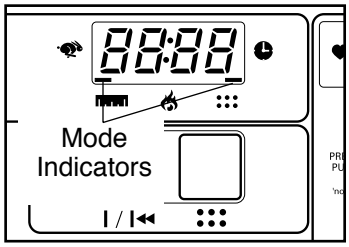


Carefully step onto the walking belt and begin walking. Change the speed of the walking belt as desired by sliding the speed control. Note: To stop

the walking belt, slide the speed control to the "RESET" position.

4 Press the MODE button to select the desired monitor mode.

The monitor offers five different modes to provide instant exercise feedback:



SPEED—displays your speed, in miles per hour.

TIME—displays the elapsed time.

DISTANCE—displays the distance that you have walked or run, in miles.

CALORIES—displays the approximate number of Calories you have burned. Note: The actual number of Calories you have burned may differ slightly from the number displayed if the speed or incline is near the lowest or highest setting.

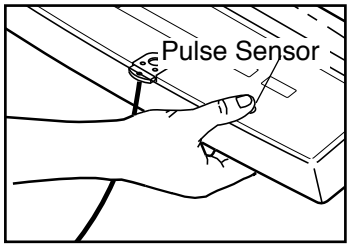
SCAN—displays the SPEED, TIME, DISTANCE, and CALORIES modes, for five seconds each, in a repeating cycle.

When the power is turned on, the SCAN mode will automatically be selected. One mode indicator (see the drawing above), will appear by the scan symbol, and a second mode indicator will show which mode is currently displayed.

If desired, the SPEED, TIME, DISTANCE or CALORIES mode can be displayed continuously. Press the MODE button repeatedly until the mode indicator by the scan symbol disappears, and a mode indicator appears by the symbol of the desired mode.

Note: The monitor displays can be reset by pressing the on/off button twice.

5 Measure your pulse, if desired.



To use the pulse sensor, stand on the foot rails and place your thumb on the pulse sensor as shown. The pulse sensor is pressure-activated. Fully press down the pulse sensor. **Do not press too hard, or the circulation in your thumb will be restricted, and your pulse will not be detected.** Next, slightly raise your thumb until the heart-shaped indicator in the pulse display flashes **steadily**. Hold your thumb at this level. After 5 to 10 seconds, your pulse will be displayed. Hold your thumb on the sensor for another 15 seconds for the most accurate reading. If the displayed pulse appears to be too high or too low, or if your pulse is not displayed, lift your thumb off the sensor and allow the display to reset. Press down again on the sensor as described above. Make sure that your thumb is positioned as shown, and that you are applying the proper amount of pressure. Try the sensor several times until you become familiar with it. Always stand still while measuring your pulse.

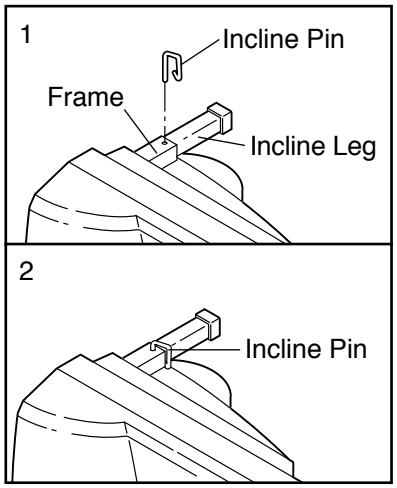
6 When you are finished, stop the walking belt and remove the key.

Slide the speed control to the “RESET” position, and remove the key. Store the key in a secure location.

7 Press the ON/OFF button.

To turn off the displays, press the on/off button. Note: If the walking belt is stopped and the console buttons are not pressed for 3 to 6 minutes, the displays will turn off automatically.

HOW TO CHANGE THE INCLINE OF THE TREADMILL



To vary the intensity of your exercise, the incline of the treadmill can be changed. There are three different incline levels. **Before changing the incline, remove the key and unplug the power cord.**

To change the incline, carefully lay the treadmill on its left side. Remove the incline pin from the right incline leg as shown in drawing 1. Adjust the incline leg to the desired height and fully re-insert the incline pin. Make sure the incline pin is in the “locked” position shown in drawing 2. Lay the treadmill on its right side. Repeat the procedure for the left ifncline leg.

CAUTION: Before using the treadmill, make sure that both incline pins are fully inserted at the same height. Do not use the treadmill with the incline pins removed.

TROUBLE-SHOOTING AND STORAGE

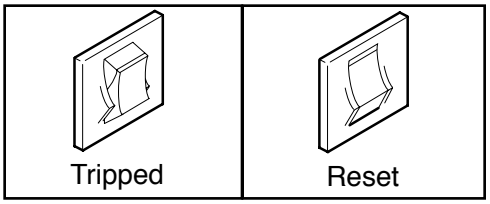
Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies to your treadmill and follow the steps listed. If further assistance is needed, please call our Customer Service Department toll-free at 1-888-936-4266, Monday through Friday, 8 a.m. until 6:30 p.m. Eastern Standard Time (excluding holidays).

1. SYMPTOM: THE POWER DOES NOT TURN ON

a. Make sure that the power cord is plugged into a surge protector, and that the surge protector is plugged into a properly grounded outlet (see HOW TO PLUG IN THE POWER CORD on page 7). Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console (see step 1 on page 8).

c. Check the circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

a. Check the circuit breaker located on the treadmill frame near the power cord. If the circuit breaker has tripped, the switch will protrude (see the drawing above). To reset the circuit breaker, wait for five minutes and then press the switch back in.

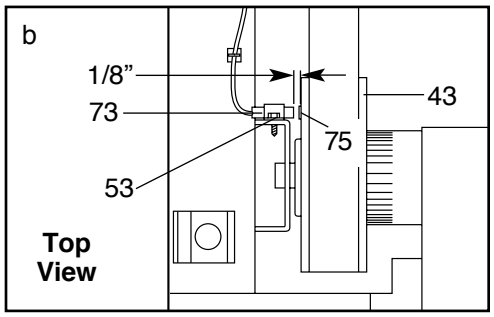
b. Make sure that the power cord is plugged in.

c. Remove the key from the console. Reinsert the key fully into the console (see Step 1 on page 8).

3. SYMPTOM: THE DISPLAYS OF THE CONSOLE DO NOT FUNCTION PROPERLY

a. Check the batteries in the console (see assembly step 5 on page 6). Most problems are the result of drained batteries.

b. If the speed display does not show a correct reading, remove the key and **UNPLUG THE POWER CORD**. Remove the four screws from the sides and front of the hood. Carefully remove the hood. Locate the Reed Switch (73) and the Magnet (75) on the left side of the Pulley (43). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, loosen the Screw (53) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood and run the treadmill for a few minutes to check for a correct speed reading.



4. SYMPTOM: THE WALKING BELT SLOWS OR STOPS WHEN WALKED ON

a. Use only a CUL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

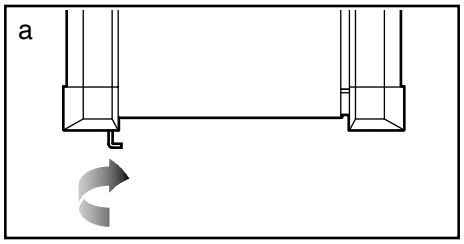
b. Increase the incline of the treadmill (see HOW TO CHANGE THE INCLINE OF THE TREADMILL on page 9).

c. Make sure that you are using proper form when walking on the treadmill (see PROPER EXERCISE FORM on page 6).

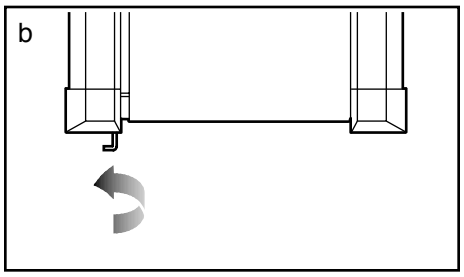
d. If the walking belt still slows when walked on, please call our Customer Service Department.

5. SYMPTOM: THE WALKING BELT IS OFF-CENTER

a. If the walking belt has shifted to the left, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the rear roller adjustment bolt clockwise 1/4 of a turn. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



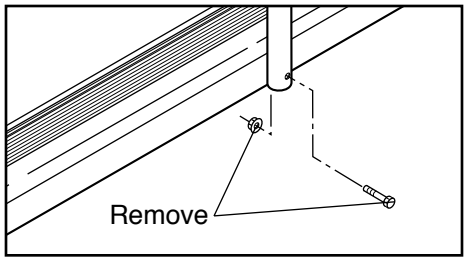
b. If the walking belt has shifted to the right, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the rear roller adjustment bolt counterclockwise 1/4 of a turn. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



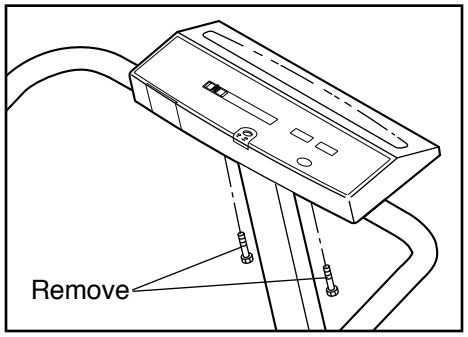
STORAGE

Unplug the power cord when the treadmill is not in use.

Remove the bolt and nut from the lower end of each handrail.

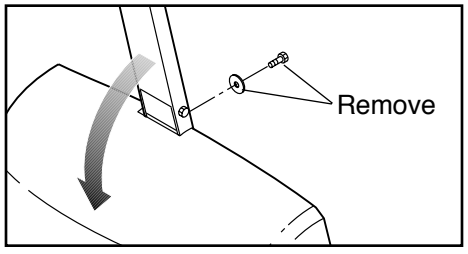


Remove the bolt from the upper end of each handrail.



Remove the bolt and washer from the lower end of the upright. Lay the upright on the treadmill. **Keep all bolts and washers in a secure location.**

Remove the batteries from the console and cover the treadmill during extended periods of storage.



CONDITIONING GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. Remember—these are general guidelines. For more detailed information about exercise, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether you want to burn fat or strengthen your cardiovascular system, you can tailor your exercise to your specific goals. The key to achieving the desired results is to exercise with the proper intensity.

Burning Fat

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, set the speed control on the console to the turtle symbol ( ) to help you maintain the proper intensity level (see page 8).

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. The proper intensity level for aerobic exercise can be found by using your pulse as a guide. As you exercise, your pulse should be kept at a level between 70% and 85% of your maximum possible heart rate. This is known as your training zone. You can find your training zone in the table at the top of this page. Training zones are listed according to age and physical condition. During the first few months of your exercise program, keep your pulse near the low end of your training zone as you exercise. After a few months of regular exercise, your pulse can be gradually increased until it is near the middle of your training zone as you exercise. You can measure your pulse using the pulse sensor. Exercise for about four minutes, and then measure your pulse immediately. If your pulse is too high or too low, adjust the intensity of your exercise. It may also be helpful to set the speed control on the console halfway between the turtle symbol ( ) and the rabbit symbol ( ) to help you maintain the proper intensity level. (See page 8.)

Age	Training Zone (Beats/Min.)	
	Unconditioned	Conditioned
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

Performance Training

If your goal is high performance athletic conditioning, set the speed control on the console to the rabbit symbol ( ) to help you maintain the proper intensity level (see page 8).

WORKOUT GUIDELINES

When exercising, wear appropriate attire. Always wear athletic shoes for foot protection. Each workout should include three basic parts: (1) a warm-up, (2) training zone exercise, and (3) a cool-down.

Warming Up

Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up (see SUGGESTED STRETCHES on page 13).

Training Zone Exercise

After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down

Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

Exercise Frequency

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired.

The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown in the drawings below. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

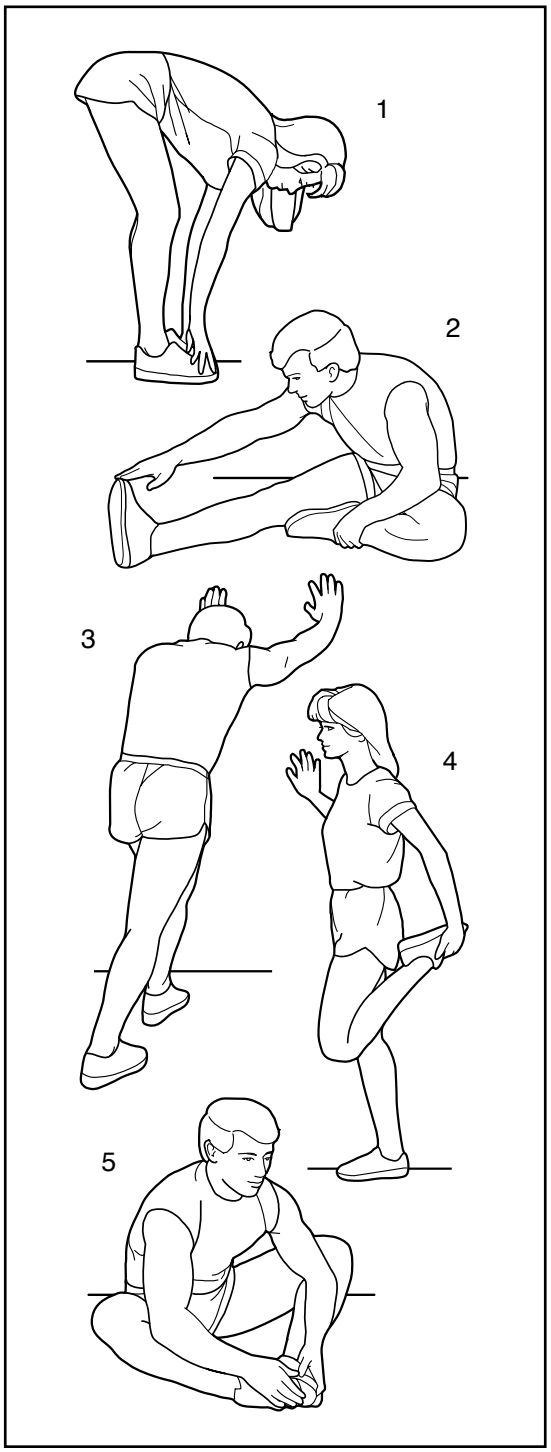
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST—Model No. WCTL81590

R0699A

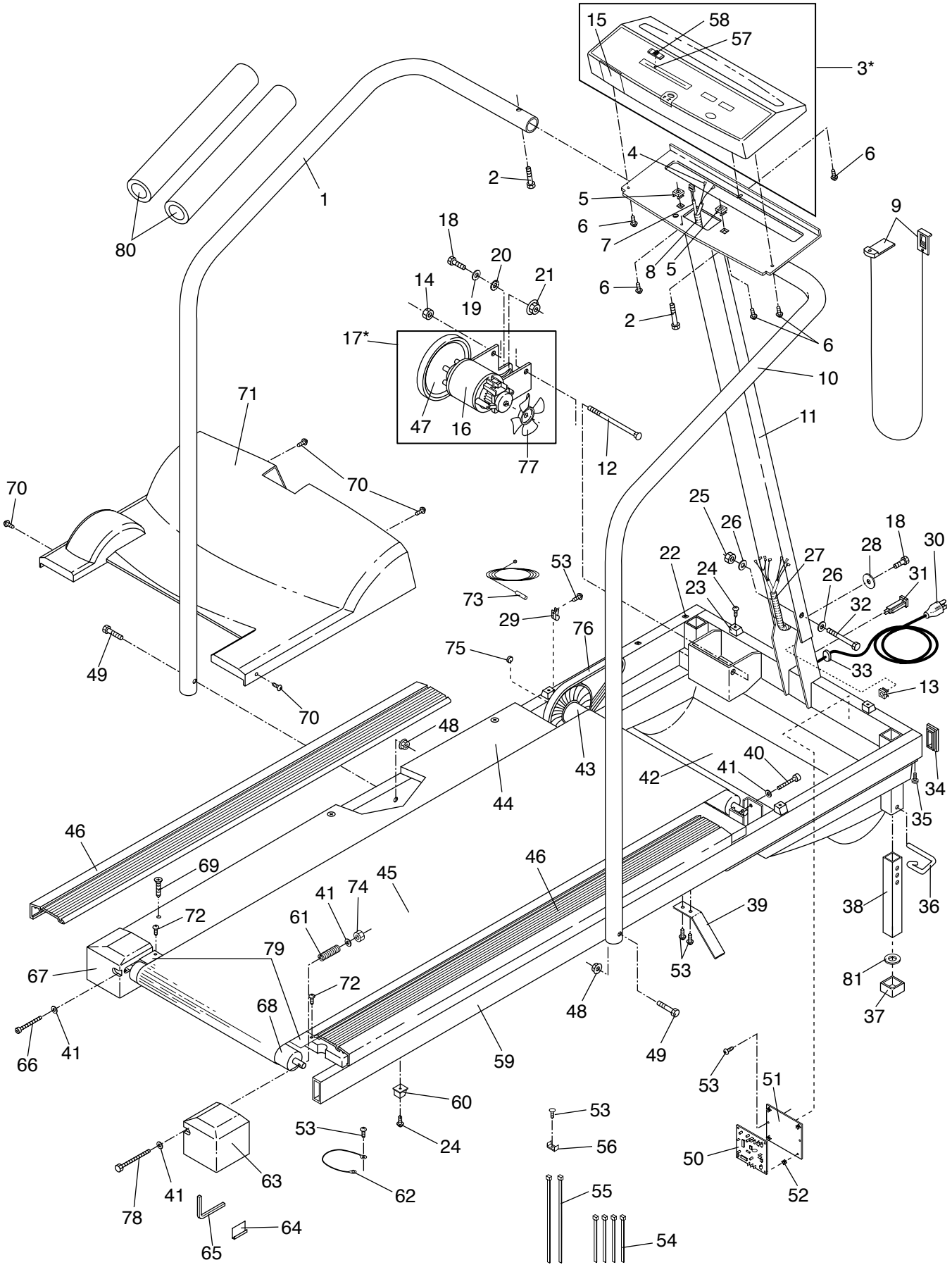
Key No.	Qty.	Description
1	1	Left Handrail
2	2	3/8” x 1 3/4” Bolt
3*	1	Console
4	1	Upright Wire Harness
5	2	Console Cage Nut
6	5	Console Screw
7	1	Pot Wire
8	1	Console Cable Loom
9	1	Key/Clip
10	1	Right Handrail
11	1	Upright
12	1	Motor Swivel Bolt
13	1	Upright Cage Nut
14	1	Motor Swivel Nut
15	1	Battery Cover
16	1	Motor
17*	1	Motor/Pulley/Flywheel
18	2	3/8” x 1” Bolt
19	1	Motor Tension Washer
20	1	Star Washer
21	1	Motor Tension Nut
22	4	Wire Clip
23	4	Hood Anchor
24	6	Anchor Screw
25	1	Upright Pivot Nut
26	2	Upright Pivot Washer
27	1	Upright Cable Loom
28	1	3/8” x 1 1/2” Washer
29	1	Reed Switch Clip
30	1	Power Cord
31	1	Circuit Breaker
32	1	Upright Pivot Bolt
33	1	Grommet
34	2	Frame Endcap
35	9	Screw
36	2	Incline Pin
37	2	Incline Leg Cap
38	2	Incline Leg
39	2	Belt Guide
40	1	Front Roller Adjustment Bolt
41	4	Adjustment Washer
42	1	Safety Cover
43	1	Front Roller/Pulley
44	1	Walking Platform
45	1	Walking Belt
46	2	Foot Rail
47	1	Pulley/Flywheel
48	2	3/8” Flange Nut
49	2	3/8” x 2 3/4” Bolt
50	1	Controller
51	1	Controller Plate
52	4	Plastic Stand-Off
53	9	Small Screw
54	4	4” Cable Tie
55	2	8” Cable Tie
56	1	Tie Holder
57	1	Potentiometer
58	1	Speed Control
59	1	Frame
60	2	Rubber Pad
61	1	Tension Spring
62	1	Roller Ground Wire
63	1	Right Endcap
64	1	Adhesive Clip
65	1	Allen Wrench
66	2	Short Roller Adjustment Bolt
67	1	Left Endcap
68	1	Rear Roller
69	6	Platform Screw
70	4	Hood Screw
71	1	Hood
72	2	Roller Guard Screw
73	1	Reed Switch/Sensor Wire
74	1	Roller Tension Nut
75	1	Magnet
76	1	Motor Belt
77	1	Motor Fan
78	1	Long Roller Adjustment Bolt
79	2	Roller Guard
80	2	Handgrip
81	2	3/8” Cap Washer
#	1	8” Green Ground Wire
#	1	8” White Wire, Male/Female
#	1	User’s Manual

* Includes all the parts in the box.
\# Indicates a non-illustrated part.

Specifications are subject to change without notice. See the back cover for information about ordering replacement parts.

EXPLODED DRAWING—Model No. WCTL81590

R0699A



ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at **1-888-936-4266**, Monday through Friday, 8 a.m. until 6:30 p.m. Eastern Standard Time (excluding holidays). When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER of the product (WCTL81590)
- The NAME of the product (WESLO CADENCE® 815 treadmill)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER of the part(s) (see page 14 of this manual)
- The DESCRIPTION of the part(s) (see page 14 of this manual).

LIMITED WARRANTY

ICON OF/DU CANADA INC., (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein.

This warranty gives you specific legal rights. You may also have other rights which vary from province to province or so specified by the retailer of your equipment.

ICON OF/DU CANADA, 900 de l'Industrie, St-Jérôme, QC J7Y 4B8

CUSTOMER RECORD

Model No.: _____ Serial No.: _____

Retailer Name: _____ Purchase Date: _____

Retailer Address: _____

PLACE STAMP HERE

ICON of Canada Inc.
900 de l'Industrie
St-Jérôme, Québec
Canada, J7Y 4B8

ICON of/du Canada Inc. WEIDER PRO-FORM WESLO

PRODUCT WARRANTY REGISTRATION

IMPORTANT: MAIL WITHIN 14 DAYS OF PURCHASE

NAME: _____ PHONE: _____

ADDRESS: _____

COUNTY: _____ POSTCODE: _____

MODEL NO. _____ SERIAL NO. _____ PURCHASE DATE: _____

RETAILER NAME: _____ RETAILER ADDRESS: _____

1) Primary user(s) of product:
❑ Male ❑ Female ❑ Family

2) Age of primary user:
❑ 0–24 ❑ 35–44 ❑ 55–64
❑ 25–34 ❑ 45–54 ❑ 65 and over

3) Annual household income:
❑ 0–9,999 ❑ 15,000–19,999
❑ 10,000–14,999 ❑ 20,000+

4) How many times a week do you exercise?
❑ Less than 3 times ❑ 3 times or more

5) Have you ever purchased an ICON product before?
❑ Yes ❑ No

6) Where did you first see or hear about ICON products?
❑ Magazine ❑ Friend/relative
❑ Newspaper Ad ❑ Store
❑ Other

7) What was the primary reason for purchasing this ICON product?
❑ Store Employee ❑ Television Ads ❑ Colour
❑ Electronic Features ❑ Magazine Ads ❑ Price
❑ Product Design ❑ Product Innovation
❑ Other Features

8) Did you consider purchasing fitness equipment from another manufacturer?
❑ No ❑ Yes
What other Manufacturer? _____

9) Based on your impression of what you have purchased, would you buy another ICON product?
❑ Yes ❑ No ❑ No Opinion
If not, what other brand name equipment would you purchase?
_____

10) What other type of exercise equipment do you own?
❑ Bicycle ❑ Exercise Cycle ❑ Treadmill
❑ Home Gym ❑ Weight Bench ❑ Stepper
❑ Cardio Glide ❑ Other

11) Which type of magazines do you read regularly?
❑ Sports ❑ Fitness ❑ Motoring
❑ Business ❑ Computer ❑ General

12) Do you wish to be sent further bulletins about ICON products?
❑ Yes ❑ No

THANK YOU FOR YOUR TIME

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